

Early Detection to Determine the Health Status of RW 09 Community in Margahayu Utara Village, Bandung City

 Fahmi Faudah^{1*},  Imelda Sianipar²,  Ira Ocktavia Siagian³,  Galuh Chandra Irawan⁴,  Lidya Maryani⁵,  Anni Sinaga⁶,  Reynaldi Tresnajaya⁷

¹Institut Kesehatan Immanuel
Bandung, Indonesia
✉ bungsu.fahmi05@gmail.com *

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Abstract

The pandemic of the Covid-19 Virus in the past few years has become a major global problem, because everyone can be infected with the virus. is a major problem in the world, because everyone can be infected with the Corona Virus. covid also affects Non-Early Diseases. This community service aims to provide early detection training to determine the health status of the RW 09 community of North Margahayu Village, Bandung City. The materials provided include health related to pulmonary TB, stress management in women, handling stunting in children, and detecting and preventing breast cancer. This community service activity is carried out through a planning, implementation and evaluation process. With direct implementation in the field in the form of knowledge improvement education activities on September 14 and September 29. Data collection techniques using documentation. The community service carried out went well. It can be seen from the enthusiasm of cadres, mothers and children during the activity.

A. Introduction

The pandemic of the Covid-19 Virus in the past few years has become a major problem in the world, because everyone can contract the Corona Virus. All countries are struggling against the Covid-19 Virus which has destroyed the world economy. Everyone must work hard to prevent the spread of the virus and maintain their own hygiene. Although the pandemic has now been better managed, and the number of sufferers has greatly reduced, the impact of the pandemic is still felt and fully resolved.

This pandemic has had a huge impact on Indonesian society, the most striking change is seen in the way people live their social lives and drive the economy. To prevent or at least suppress the rate of transmission, lockdown efforts, regional quarantine, and Large-Scale Social Restrictions (PSBB) are carried out (Junaedi & Salistia, 2020). People are now increasingly reliant on digital technology to live social and economic lives amidst Physical Distancing and PSBB (Large-Scale Social Restrictions) policies. Most people carry out activities at home, leading to a possible increase in water consumption that often goes unnoticed during the Covid-19 pandemic (Earnshaw et al., 2020; Najihah, 2021; Yustina et al., 2020). The spread and transmission of the coronavirus is still a threat (Yellowlees, 2022). Since the implementation of PSBB (Large-Scale Social Restrictions), the number of Covid-19 transmissions has indeed shown a decline. The PSBB measure is an effective strategy to break the chain of the spread of the corona virus (Nasruddin & Haq, 2020). The government itself has disciplined the protocol for New Normal conditions.

Not only to the economic sector, covid also affects non-communicable diseases. Azarpazhooh et al (2020) found a correlation between baseline non-communicable diseases and COVID-19 cases. National and regional burden of all non-communicable diseases, ischemic heart disease, and ischemic stroke had a

significant correlation with COVID-19 deaths. People with non-communicable diseases (NCDs) such as hypertension, heart disease, cancer, diabetes, kidney disease, COPD, other respiratory diseases, immunological disorders and others, also make it easier for someone to be exposed to COVID-19, even their condition will get worse. During the pandemic, people with NCDs are more likely to maintain their health and endurance by regularly checking their health, maintaining body mass index, eat a balanced nutritious diet, and change their lifestyle to a cleaner and healthier one. In addition to preventing risk factors, the community must also play an active role in conducting early detection. Early detection is important to determine a person's health status, so that treatment can be carried out as early as possible.

Some of the problems raised by this group are problems that occur in the locus of the work area of this community service group, namely in RW 09 North Margahayu village- Bandung City, West Java.

Based on the initial survey of community service activities to the community, data available at the sub-district, village and Puskesmas levels, there are several important things that need to be done to increase knowledge and education to the community in terms / fields: health about Lung TB, stress management for women's health, health education about stunting, and early detection of breast cancer.

This community service activity was carried out through a process of planning, implementation and evaluation, for approximately 2 months, starting from August 10 to October 12. With direct implementation in the field in the form of knowledge improvement education activities on September 14 and September 29.

B. Research Methods

This community service activity was carried out in the form of health training with the activity title "Early detection to determine the health status of the RW 09 community in North Margahayu Village, Bandung City". This community service activity was carried out at the RW 09 posyandu in North Margahayu Village, Bandung City. This community service activity was carried out through a planning, implementation and evaluation process, for several times within a period of 2 months with the same target, starting from August 10 to October 12. With direct implementation in the field in the form of educational activities to increase knowledge on September 14 and September 29. The implementation of community service activities uses the Lecture and Discussion Method. The speaker provides material in the form of lectures with the help of Power Point which contains health material about Lung TB, stress management for women's health, health education about stunting, and early detection of breast cancer. Furthermore, discussions were held with participants related to the material provided, ending with an evaluation of the material provided.

C. Result and Discussion

Community service activities on "training to increase community knowledge in terms of: Health related to Pulmonary TB, stress management in women, handling stunting in children, and detecting and preventing breast cancer" in RW.9 Margahayu Utara on September 14 and September 29 to coincide with the implementation of Posyandu in RW.9 Margahayu Utara, can be carried out well. The service activities were attended by almost all Health cadres and mothers with a total of more than 32 people. The stages of service activities that have been carried out are as follows:

1. Service Preparation
 - a. Survey of service locations through a visit to RW.9 Margahayu Utara, Bandung City
 - b. Application for permission for activities in writing or unwritten to the Head of RW.9 North Margahayu village which had previously been socialized in the opening ceremony of community service at the Immanuel Institute of Health.
 - c. Coordination with members of the community service working group related to problems, making proposals, preparing materials, preparing equipment.
 - d. Preparation of the posyandu place that will be used for community service activities in coordination with the head of the posyandu.
2. Service Implementation
 - a. Opening
The service began with an opening ceremony and introduction of the service implementer.
 - b. implementation and materials
The activity was carried out in 2 stages, as follows:
Activity 1
Day, date: Wednesday, September 14, 2022
Time: 10.00am-finish

Place: RW 09 Kelurahan Margahayu Utara-KotaBandung

Material:

1) Early Detection of Breast Cancer and SADARI

By: Imelda Sianipar, SST.,M.Keb and Fahmi Fuadah, SST.,M.Kes

Overview of breast cancer early detection and SADARI

The highest incidence rate for women is breast cancer at 42.1 per 100,000 population with an average mortality of 17 per 100,000 population followed by cervical cancer at 23.4 per 100,000 population with an average mortality of 13.9 per 100,000 population. Some of the risk factors for breast cancer include genetic, lifestyle, environmental, and hormonal factors that are associated with the formation of breast cancer (Priyatin et al., 2013). Signs and symptoms include breast lumps that are often painless, changes in breast skin texture, If there is a wound on the breast that does not heal, there is hollowing of the breast skin, nipple discharge. Breast cancer detection techniques include mammogram, clinical breast examination, and SADARI (Breast Self-Examination)

Breast Self-Examination (SADARI) is the cheapest and most appropriate method to be applied in detecting breast cancer early. Breast cancer has a great chance of being cured if it is found at an early stage by carrying out early detection of "breast self-examination" or known as BSE. Early detection can reduce the mortality rate by 25-30% (Yulyana et al., 2022). Breast self-examination methods according to Ratnaningsih et al (2022): 1) Do the examination in front of mirror raise hands and check whether there is redness or swelling in the breast; 2) Place your hands on your waist and check the breast as in the first step; 3) Press the breast from top to bottom as in the picture, and feel whether there is a lump; 4) Press the breast in a circular motion as in the picture, and feel whether there is a lump; 5) Press the breast towards the nipple and see if there is any fluid out; 6) Lie down and press the the breast in a circular motion.



Figure 1. Material Delivery Early Detection of Breast Cancer and SADARI

2) Stress Management For Women's Health

by: Ira Octavia Siagian Skep.,Ners.,M.Kep Sp Kep.J

a glimpse into stress management for women's health:

Stress is an unpleasant or uncomfortable situation experienced by individuals and these circumstances interfere with thoughts, emotions, actions or behavior in everyday life (Muslim, 2015). Stress management is the ability to use (human) resources effectively to cope with mental and emotional disturbances or chaos that arise due to responses (responses) (Rahmawati et al., 2021).

There are three stages in stress management, namely 1) The first stage is to know and recognize stress and sources of stress that may appear in everyday life. 2) The second stage is getting and practicing stress management coping skills that have been learned before. 3) The third stage is practicing stress management techniques in problems in life and assessing their effectiveness (Hakim et al., 2017)



Figure 2. Material Delivery Stress Management For Women's Health

Activity 2

Day, date: Monday, September 26, 2022

Time: 10.00am-finish

Place: RW 09 Kelurahan Margahayu Utara-Kota Bandung

Material:

1) TB

By: Anni Sinaga, S.KP.,M.Kep and Lidya Maryani Skep Ners.,M.Kep

TB at a glance:

Tuberculosis (TB) is a direct infectious disease caused by the TB germ (*Mycobacterium tuberculosis*). Most TB germs attack the lungs, but can also affect other organs of the body. Symptoms of pulmonary TB include cough ≥ 2 weeks, cough with phlegm, cough with phlegm may be mixed with blood, may be accompanied by chest pain, shortness of breath. Other symptoms include, malaise, weight loss, decreased appetite, chills, fever, night sweats.

TB transmission can occur through air and sputum droplets. TB can be transmitted through the air and sputum of TB patients, but not through the personal equipment of TB patients that has been cleaned such as cutlery, clothing and bedding (Kemenkes RI, 2019).

Can be cured by regular treatment until completion Patients are given free drugs from the government for 6-8 months regularly according to the dose given, and patients are encouraged to eat nutritious food (Kemenkes RI, 2019).



Figure 3. Material Delivery TB

2. Stunting

By: Galuh Chandra Irawan SKM, M.Gizi, AIFO

Stunting at a glance:

Stunting is short or very short stature based on length/height for age less than -2 Standard Deviation (SD) on the WHO growth curve, caused by chronic malnutrition associated with low socioeconomic status, poor maternal nutrition and health socioeconomic status, poor maternal nutrition and health, history of recurrent illness and infant and young child feeding practices. and inappropriate infant and young child feeding practices (Kemenkes RI, 2022).

In particular, efforts to overcome stunting can be done through improving parenting, diet, and increasing access to clean water and sanitation, with a focus on adolescents and pregnant women as a preventive effort (Fitriani et al., 2022). The prevention of stunting must be done by providing adequate and appropriate nutrition to meet the needs of the child's nutrition (Novitasari et al., 2023).



Figure 4. Material Delivery Stunting

c. Discussion/Question

After the material was presented, the participants were given the opportunity to ask questions. There were 5 participants who asked questions. The discussion and question and answer session was held for \pm 20 minutes.

3. Closing and Evaluation of Activities

Evaluation activities during community service are carried out by reviewing the material that has been conveyed. Then the community service program was closed with a group photo with cadres and posyandu mothers at RW.09 Margahayu Utara - Bandung City.

D. Conclusion

This community service activity is expected so that the RW 09 Margahayu Utara community can detect early health related to Pulmonary TB, stress management in women, handling stunting in children, and detect and prevent breast cancer.

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